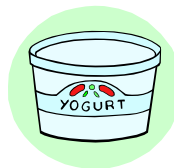


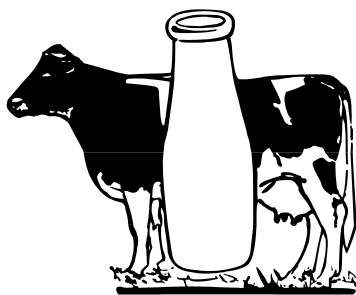
MOVE! Dairy List



This group includes milk and milk products. Milk is an excellent source of calcium, needed for growth, and repair of bones and tissues. This group includes foods that are a mix of protein, carbohydrate, and fat. Caloric content varies with fat grams.

		Serving Size
Skim & Low fat Milk	Skim or nonfat milk	1 cup
	½ or 1% milk	1 cup
	Canned, evaporated skim milk	½ cup
	Powdered, non-fat dry (no water)	1/3 cup
	Nonfat or low fat buttermilk	1 cup
Yogurt Creamers	Low-fat or nonfat	1 cup
	Non-dairy creamers without saturated fat	read label
Desserts	Pudding with skim milk	½ cup
	Ice milk (made with skim milk)	½ cup
	Frozen non-fat yogurt	½ cup
	Frozen low fat yogurt	½ cup
	Sherbet	½ cup

Products to Limit or Replace with Lower Fat Versions:



Whole or 4% fat milk, 2% fat milk, regular sour cream, canned evaporated whole milk, and other whole milk products. Non-dairy creamers with saturated fats, including coconut fat, whipped cream, half-and-half. Regular or premium ice cream, whole milk puddings.